

Fasting – A Powerful Tool

PURPOSE

To illustrate that fasting can bring greater heavenly power into our lives in times of need.

MATERIALS

- A Phillips screwdriver
- An electric drill with a Phillips bit
- A piece of wood thick enough to hold two screws
- Two screws
- Story, [Believing Is Seeing](#)



LESSON IDEAS

1. Prior to the lesson:
 - a. Hide the power drill somewhere in the room
 - b. Screw both screws partially into the wood
2. Hold up the wood with the screws in it. Invite a family member to come up and see how fast he/she can screw one screw completely into the wood using the Phillips screwdriver.
3. Start timing the person as soon as he/she begins. Point out the difficulty and how long it takes. (The person probably will not be able to turn the screw entirely into the wood.)
4. Pull out the power drill. Screw the second screw into the wood. (This only takes a few seconds.)
 - a. Ask, “What was the difference?” (The power drill)
5. Hold up the drill and explain that this is called a “power tool” because it adds greater power to what can be accomplished with a “hand tool”. Explain that Heavenly Father has us a special tool when we need greater divine power in our lives. Invite family members to listen to the following story to determine what the special tool is.
 - a. Story, [Believing Is Seeing](#)
6. Read Isaiah 58:6-11 and invite family members to watch for ways the Lord will add greater power in our lives through proper fasting.
 - a. Help family members understand that fasting is much more meaningful when you select something to fast for (a friend with an illness, strengthening a testimony, help in overcoming weaknesses, etc.)
 - b. The Church website provides insightful [Information About Fasting](#)
7. Testify that fasting can bring added heavenly power into our lives.



ACTIVITY IDEAS

- Play [Honey Do You Love Me?](#)